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Food for Work

Department of Agriculture

A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, July 18, 1940, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 87 associate radio stations.

--ooOoo--

WALLACE KADDERLY:

Now for our weekly report from the Bureau of Home Economics, here's Ruth Van Deman. Maybe she has a magic formula to give us for keeping cool and unruffled when the mercury hits 95 in the shade.

RUTH VAN DEMAN:

I only wish I had, Wallace. I've been grappling with such a stiff assignment here, I forgot all about the weather.

KADDERLY:

More canning questions how long to steam pressure the corn or the string beans?

VAN DEMAN:

No. Something harder to answer than that. At least it takes more thinking.

One of our Farm and Home friends tells me her son has just gone to work in an airplane factory. She's concerned about his food.....wants to be sure he gets the right kind of a diet for a hard-working man. He's been in college up to now.

KADDERLY:

Did he go in for athletics.....play football, maybe, or baseball?

VAN DEMAN:

I don't know. She didn't say.

KADDERLY:

I was just thinking that if he did a lot of strenuous exercising in college, he burned up as many calories as he will on this job in the airplane factory.

VAN DEMAN:

Yes, but somebody else did the selecting of the calories for him. That's what has his mother worried. She knows you have to distribute the calories in many different kinds of food, to balance a diet properly.

KADDERLY:

In other words, she wants him to protect his health by eating plenty of the protective foods.

VAN DEMAN:

That's it exactly.

(over)

KADDERLY:

And how many calories do the nutrition experts figure a man doing hard work needs every day?

VAN DEMAN:

For the hardest possible kind of muscular work 4500 calories and up. For the average hard work, anywhere between 3500 and 4500. Of course we use calories waking or sleeping. But taking just the hours a man works, it figures out to something like 300 calories an hour.

KADDERLY:

300 calories. Then the pint of milk he buys from the lunch wagon at noon would run him one of those hours.

VAN DEMAN:

But that pint of milk furnishes much more than calories, as you well know.

KADDERLY:

I know it has calcium.....and phosphorus. And I know that calcium and phosphorus are both essential to building strong bones while a person's young and growing.

VAN DEMAN:

But the need for calcium doesn't end there. After we're grown we still need calcium to repair our bones and keep them in good healthy shape. And we need the right amount of calcium in the blood stream too, to make the blood clot in a normal way, and even to make the heart beat.

KADDERLY:

But, Ruth, a pint of milk a day wouldn't give a man all the calcium and phosphorus he needs.

VAN DEMAN:

No, I didn't mean to give that impression. And even on the milk I should have said at least a pint a day.

KADDERLY:

Meaning a quart would be better?

VAN DEMAN:

If you count in the milk used in cooking and in cheese and ice cream, yes.

The nutritionists always put milk products at the top of the list of protective foods because our American diets are likely to be low in calcium. And milk in one form or another is about the easiest and best way to get calcium.

Then in the next breath they generally mention green vegetables, and dried beans and peas. They also furnish calcium, phosphorus, and iron.

KADDERLY:

Eggs are rich in iron...anyway the yolks.

VAN DEMAN:

And whole wheat and some of the other whole-grain cereals.

KADDERLY:

And lean meat.

VAN DEMAN:

Particularly liver. It's double starred for iron. A good big serving of liver will give a man his whole day's supply of iron. Many people find it easier and cheaper to get iron for red blood cells from food than from pills.

KADDERLY:

Most of these protective foods we've been talking about, protect in more than one way.

VAN DEMAN:

Oh yes, add fresh fruits and yellow vegetables to the ones we've been talking about.

KADDERLY:

...milk...eggs...lean meats...green leafy vegetables...whole-grain cereals...

VAN DEMAN:

And you've practically covered the vitamin alphabet. Also you've taken care of your protein needs fairly well.

KADDERLY:

But these foods we've just named, ... they don't furnish many calories, ... at least not for a man who burns them up at the rate of 300 an hour on a factory job.

VAN DEMAN:

No, but ~~once~~ he gets his minerals and vitamins taken care of, by the protective foods, he can easily roll up the calories with sugars, starches, fats. Any of the refined carbohydrates and fats give him calories and nothing but. They don't build bone, blood, and muscle.

KADDERLY:

Like money for running expenses only, nothing for upkeep.

VAN DEMAN:

Very much like that.

KADDERLY:

Not such a good long-time policy.

VAN DEMAN:

No, neither in business nor nutrition.

KADDERLY:

Ruth, how about the printed form for this information on food for work. Is it all in one of your bulletins?

VAN DEMAN:

Not in just the way we've said it. But "Diets to Fit the Family Income" tells exactly the kinds and quantities of food a man needs for a week. In fact it gives four different plans depending on how much money he can afford to spend.

KADDERLY:

I felt sure you could cite chapter and verse, Ruth. Well, farm and home friends, if any of you don't already have this bulletin "Diets to Fit the Family Income," the Bureau of Home Economics will be glad to send you a copy.